

Week 1

Squat Day

Squat
Band-lightened Squat
Front/Zercher Squat
Plyometrics + abs
PNF Stretching
Abs

3-4 work sets of 5 reps starting at 75% up to 85%
3-4 sets of 3
4-5 sets of 5-8
seated box jumps

Week 2

3 work sets of 3 reps, starting at 85% working up to 95%
3-4 sets of 3
4-5 sets of 5-8
one legged jumps

Bench Day

Bench
3-5 Board
cable rows
Push Press
Biceps biceps biceps
PNF Stretching
Abs

3-4 work sets of 5 reps starting at 75% up to 85%
3-4 sets of 5 reps
4-5 sets til failure
4 sets of 5
some sets x reps

3 work sets of 3 reps, starting at 85% working up to 95%
3-4 sets of 5 reps
4-5 sets til failure
4 sets of 5
some sets x reps

Deadlift Day

Deadlift
Deadlift off blocks / rack pulls
Good Mornings
Shrugs
One-arm rows or bent over rows
Abs
PNF Stretching

2 work sets of 5 reps starting at 75% up to 85%
3-4 sets of 3 reps
3-4 sets of 5 reps
4-5 sets til failure
3-4 sets

1 work sets of 3 reps, 90-95%
3-4 sets of 3 reps
3-4 sets of 5 reps
4-5 sets til failure
3-4 sets

Bench Assistance

Weak-point training
3-5 second count pause bench
OR incline bench
speed work (band-resisted bench)
triceps isolation
wide-grip pull ups
Abs
PNF Stretching

4 sets of triples OR 5's
4-6 sets of 5
8-10 sets of 3
3-4 sets of 15-20 reps
4-5 sets til failure

4 sets of triples OR 5's
4-6 sets of 5
8-10 sets of 3
3-4 sets of 15-20 reps
4-5 sets til failure

Week 3

Squat Day

Squat
Band-lightened Squat
Front/Zercher Squat
Plyometrics + abs
PNF Stretching
Abs

2 Singles, starting at 95-97%, followed by doubles @ 60%
3-4 sets of 3
4-5 sets of 5-8
side-to-side jumps + one extra

Bench Day

Bench
3-5 Board
cable rows
Push Press
Biceps biceps biceps
PNF Stretching
Abs

2-3 Singles, starting at 95%
3-4 sets of 5 reps
4-5 sets til failure
3-4 sets of 5
some sets x reps

Deadlift Day

Deadlift
Deadlift off blocks / rack pulls
Good Mornings
Shrugs
One-arm rows or bent over rows
Abs
PNF Stretching

1 single 95-97%.
3-4 sets of 3 reps
3-4 sets of 5 reps
4-5 sets til failure
3-4 sets

Bench Assistance

Weak-point training
3-5 second count pause bench
OR incline bench
speed work (band-resisted bench)
triceps isolation
wide-grip pull ups
Abs
PNF Stretching

4 sets of triples OR 5's
4-6 sets of 5
8-10 sets of 3
3-4 sets of 15-20 reps
4-5 sets til failure